

North American Titles Held by NAVY Sailing



North American Dinghy Champions
1956, 1957, 1991, 1993, 1994, 1995

North American Women's Dinghy Champions
1979, 1980, 1981, 1983, 1991, 1997

North American Team Racing Champions
1978, 1979, 1987, 1989, 1991, 1992

North American Single-handed Champion
1971, 1978, 1980, 1983, 1985, 1986, 1991

North American Sloop Champions
1977, 1978, 1983, 1987, 1995, 1996

Leonard M. Fowle Trophy
Best All-Around College Sailing Team
1977-1983, 1987, 1992, 1997

Naval Academy Quick Facts:

Location: Annapolis, Maryland 21402

Founded: became U.S. Naval Academy in 1850

Academic Focus: Engineering and Sciences

Superintendent: Vice Admiral Rodney P. Rempt

Enrollment: 4000 (Men and Women)

Director of Athletics: Chet Gladchuk

Head Coach: Gavin O'Hare (ohare@usna.edu)

Coach: Geoff Becker (gbecker@usna.edu)

Waters: Severn River & Chesapeake Bay

ICSA Conference: MAISA

Boats: 22 Flying Juniors, 22 420s, 42 Lasers



United States Naval Academy Intercollegiate Sailing Team

Dare to be great!

www.usna.edu/SailingTeam

About the United States Naval Academy

The Naval Academy was founded in 1845 by the Secretary of the Navy, George Bancroft, in what is now historic Annapolis, MD. The history of the Academy has often reflected the history of the United States itself. As the U.S. Navy has moved from a fleet of sail and steam-powered ships to a high tech fleet of nuclear-powered submarines and surface ships as well as supersonic aircraft, the Academy has changed also. The Naval Academy gives young men and women the up-to-date academic and professional training needed to be effective naval and marine officers in their assignments after graduation. Every day, as the undergraduate college of the naval service, the United States Naval Academy strives to accomplish its mission to develop midshipmen "morally, mentally, and physically."

Moral Education

Moral and ethical development is a fundamental element of all aspects of the Naval Academy experience. As future officers in the Navy or Marine Corps, midshipmen will someday be responsible for the priceless lives of many men and women and multi-million dollar equipment. From Plebe Summer through graduation, the Naval Academy's Character Development Program is a four-year integrated continuum that focuses on the attributes of integrity, honor, and mutual respect. One of the goals of this program is to develop midshipmen who possess a clearer sense of their own moral beliefs and the ability to articulate them. Honor is emphasized through the Honor Concept of the Brigade of Midshipmen. These Naval Academy "words to live by" are based on the moral values of respect for human dignity, respect for honesty and respect for the property of others. Brigade Honor Committees composed of elected upper-class midshipmen are responsible for the education and training of the Honor Concept. Midshipmen found in violation of the Honor Concept by their peers may be separated from the Naval Academy.

Academic and Professional Education

Every midshipman's academic program begins with a core curriculum that includes courses in engineering, science, mathematics, humanities and social science. This is designed to provide a broad-based education that will qualify the midshipmen for practically any career field in the Navy or Marine Corps. At the same time, our majors program gives them the opportunity to develop a particular area of academic interest. For especially capable and highly motivated students, we offer challenging honors programs and opportunities to start work on postgraduate degrees while still at the Academy. The Academy also provides professional and leadership training. We don't just teach the students about life in the Navy and Marine Corps. After four years at the Naval Academy, the life and customs of the naval service become second nature. First, the midshipmen learn to take orders from practically everyone, but before long, they acquire the responsibility for making decisions that can affect hundreds of other midshipmen. The professional classroom studies are backed by many hours of practical experience in leadership and naval operations, including assignments with Navy and Marine Corps units.

Physical Education

Just as the Naval Academy promotes the moral and mental development of midshipmen, so also must it fulfill its responsibility for each midshipman's physical development. The Naval Academy athletic program, as part of the mission, receives a priority much different than at civilian schools. The athletic teams are an integral part of the overall education of the midshipmen. Athletics provide leadership opportunities and the experiences of team play, cooperative effort, commitment and individual sacrifice. In the academy's program everyone has a wide variety of athletic choices, as well as the required physical education curriculum. The primary goal of the physical education curriculum is fitness, which is so vital for midshipman health, personal appearance and well-being.



A 420 dinghy start at NAVY!

Sailing at the Naval Academy

The Naval Academy is located in downtown Annapolis, Maryland, justly named “America’s Sailing Capital.” The city has a long tradition of hosting youth, national, and world class competitions as well as the US Sailboat Show every October. Naval Academy sailors are part of this tradition and the Academy’s competitive achievements prove it to be one of the most impressive college sailing programs throughout history. As one of the top programs in the country Navy Sailing has a long history of turning out collegiate All-Americans, Sailors of the Year, Olympians, and America’s Cup sailors. The Academy’s Sailing program has impressive resources that show the commitment to build champions and instill a spirit of excellence. Navy’s Sailing Program is supported by the recently renovated multi-million-dollar Robert Crown Center, which provides state of the art training facilities as well as the Intercollegiate Sailing Hall of Fame.



Santee Basin at the U.S. Naval Academy.

Fleet

The intercollegiate sailing program’s fleet of racing dinghies gives the team the latitude to focus during practice in a specific boat for an upcoming event. With such a large fleet, Navy is able to play host to a multitude of events every year, including two of the largest college sailing regattas in ICSA, the Navy Fall Intersectional and the Truxtun Umstead Regatta in the spring. Both regattas feature four divisions of 20

teams with all divisions racing at the same time which allows for some very exciting sailing and spectating.

Racing Dinghies

22 Flying Juniors
CC 420 Dinghies
42 Lasers/Radials

Sailing Venues

The Naval Academy Intercollegiate Sailing Team practices in the Severn River adjacent to the Academy’s waterfront campus. This venue allows easy access to the sailing area for both practicing and home regattas. Occasionally the team will sail further out giving the team access to the wind and waves of the Chesapeake Bay, which allows the team to prepare for similar competition sites.

Practice

The team practices four times weekly (Monday—Thursday) and travels most weekends during the season. Practices run from 3:30 to 6:30 p.m. and integrate on-the-water training as well as classroom discussion and de-briefing sessions. **The coaches also utilize video analysis as a tool for team and individual improvement.**

Competition

The U.S. Naval Academy intercollegiate sailing team competes in the Mid-Atlantic Intercollegiate Sailing Association (MAISA) and will sail in over 60 collegiate events each year. MAISA is arguably the most competitive district in the country, and includes such schools as Old Dominion University, Georgetown University, the U.S. Merchant Marine Academy, St. Mary’s College and Hobart William Smith Colleges. Annapolis is situated far enough south to allow the team to sail late into the fall

and start early each spring giving Navy a competitive edge during each season. NAVY has won national championships in all disciplines of college sailing: dinghy, team racing, single-handed, and sloop. As a result of the dinghy team’s success, **NAVY is able to have a large racing schedule.** Due to that aggressive scheduling, it’s common for several different groups to be competing on the same weekend, allowing **more opportunities for team members to compete each season.**

Travel

On all trips and events, the **NAVY sailors have their expenses paid for by the team.** This normally includes travel, housing, and meals, but also includes outfitting each team member with the necessary gear and clothing, such as spray gear, dry suits and footwear.

Individual Achievements

Navy Sailors have also achieved national and international recognition and since 1967 almost 150 have been named collegiate All-Americans, with four being named College Sailor of the Year. In addition, several Navy sailing alumni have gone on to compete in Olympic trials, the Olympic Games and America’s Cup Campaigns.



GO NAVY!



Navy Boasts one of the top women’s sailing programs in the country.

Gavin O’Hare - Head Coach

ohare@usna.edu



Gavin O'Hare has served as sailing coach and instructor for San Diego State and Washington, as well as for the Severn Sailing Association. He has also led training clinics and seminars for youth and adult programs in Canada, Japan and throughout the United States. As a member of the US SAILING Hinman Committee and U.S. Team Racing Association, Gavin is recognized as a team-racing expert and has authored a book on tactics and strategy entitled "Contemporary Team Racing." He also received the 2002 US SAILING Leadership Award for excellence in promoting team racing. O'Hare returns to Annapolis after graduating from the Naval Academy in 1992. During his time at Navy, he was a member of the intercollegiate sailing program.

Molly O’Bryan - Dinghy Coach

obryan@usna.edu



Molly O'Bryan comes to the Naval Academy Dinghy Sailing Team from Kaneohe, Hawaii where she is a 2002 graduate of the University of Hawaii at Manoa. Molly competed on the UH Varsity Women’s and Co-ed sailing team. She has competed in nine intercollegiate National Championships (5 women’s, 2 co-ed, and 2 team racing nationals) and is a two-time ICSA All-American. Molly was a member of the 2003 US Sailing Team and recently completed a 470 Olympic campaign.

Molly grew up sailing in San Diego, California and competes in both dinghies and keelboats. Her most recent non-470 events include the Adam’s Cup and the Rolex International Women’s Keelboat Championships. She is a US Sailing Level I instructor and was last employed by the US Marine Corps Community Services as head of the sailing program at Kaneohe Bay.

Contact NAVY Sailing

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